

DENR pushes limited logging operations
By Yuh Contreras
LIMIT logging operations to two or three regions.
The Department of Environment and Natural Resources is pushing for this rebate for poore implementation in the Cagayan region and the Cebu province in Mindanao, according to DENR officials.

PHILIPPINE DAILY INQUIRER
BALANCED NEWS. FEARLESS VIEWS
Wednesday, March 1, 2005 • 18 pages • P18.25 • Vol. 138

Filipino couples just 'do it,' survey shows
By Marissa S. Rivera
"WHEN IT COMES TO sex, we are educated, but we do it," says researcher. Couples prefer to just do it rather than have a formal relationship.

GMA warns solons on VAT hike delay

Congress also urged to approve '05 budget

By John Luning-Jones, Cynthia S. Bala, and Norman Borja-Lara

IN A RARE display of displeasure toward Congress, President Macapagal-Arroyo urged senators and members of the House of Representatives to swiftly pass the 2005 national budget and a bill seeking a nine-percentage point increase in the value-added tax (VAT) to 12 percent.

"The clock is ticking. There's no time to waste," the President said yesterday in a speech less than two weeks after the recently unveiled a double-digit downgrade of its savings credit rating.

At a luncheon she hosted for the members of the House of Representatives, the President said the "right leader" should have passed this bill because it will end a fight to stop people and to members this year to control our own future.

She noted that 2005 was the last time Congress managed to pass a national budget bill. In 2004, it returned the budget of the previous year.

An analysis and members of the House of Representatives on the proposed 2005 national budget available 12 percent increase in the value-added tax.

"There are those who say the national budget and the VAT will increase the cost of living and create a recession," she said, but she said the responsibility for the national budget is a heavy burden that she is not afraid to take by passing the VAT bill.

The President said that "it is not me who has the right to say that there will be a recession in our country."

The higher VAT rate is the



THE OSCAR made Clint Eastwood's day as he poses with his trophy for best director and best picture.



WILENCE (left) and Cuba Gooding Jr. (right) pose with their trophies for best actress and best actor.

Clint, 'Million Dollar Baby' top Oscars

LOS ANGELES—The Oscar made Clint Eastwood's day, giving the veteran 'Dirty Harry' star his director and best picture awards for his heartbreaking boxing drama, 'Million Dollar Baby.'

It was his last search for Clint, despite making such a career of it as 'Hombre' and 'Pale Rider.' The 75-year-old Eastwood, wearing a black tuxedo, was the first to receive his award, followed by his wife, Doreen.

Eastwood has no other major awards. His last Best Picture nomination was for 'Hombre' in 1960. He has won four Best Director awards and two Best Actor awards.

For his performance in Eastwood's aging director, it was Eastwood's first Oscar victory after three previous nominations. For one of the most black and white movies ever made, it was a triumph.



POPE John Paul II makes a surprise appearance at his long-awaited window, in his chair, overlooking the Vatican city walls. It's the appearance of the Pope's return.

Pope's condition sparks Vatican power struggle

VATICAN CITY—Even as Pope John Paul II appeared to be recovering from a stroke, his condition has sparked a power struggle within the Vatican. The Pope's condition has sparked a power struggle within the Vatican. The Pope's condition has sparked a power struggle within the Vatican.

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115 dead, 148 hurt in Iraq car bombing

115 people were killed and 148 were injured in a car bombing in Baghdad on Monday, according to Iraqi officials.

The bombing took place in a crowded area of the city, near a government building. The explosion was heard from several miles away.

Many of the killed were civilians. The bombing was the deadliest in Iraq since the start of the war.

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The WORLD

Editor: Laverne B. Goss

Syria president says US might attack

RIJAD—Syria President Bashar al-Assad said in an interview published on Monday that he thought the United States might attack his country, but did not believe a strike was imminent.

Assad told Italy's La Repubblica newspaper that Syria wanted stability in the region, and insisted it had no hand in the killing of former Lebanese Prime Minister Rafik al-Hariri on Feb. 14 or in a suicide bombing in Beirut on Friday.

Relations between Washington and Damascus, gone by years, have deteriorated further since the killing of Hariri, and the United States has accused it may plan for international terrorism against Syria.

"Washington has imposed sanctions on us and isolated us in the past, but each time this circle has been dismantled," Assad told La Repubblica.

"Sometime you ask me if I'm expecting an attack either from the United States, or from some country near the

end of the world, I say: It's been discussed, sometimes have been strong," he added.

Asked if a "war of nerves" was imminent, Assad said: "I don't think so, the war is just starting." Thus, the White House language, if backed up or not, would lead one to expect a campaign similar to the one that led up to attack on Iraq.

Butler than saying Syria is an enemy, Assad said his country was a vital partnership and friend to stability.

"Sometime in later they will realize that we are the key to the solution. We are committed for the peace process, for long."

Still, Assad said the "war" would not come and launch on one side," he reiterated to saying.

The Lebanese opposition has blamed Syria for Hariri's killing and backed for



Attacked Damascus woman protesting against Syria, Feb. 25.

the United States and former coalition forces in Iraq, but called for the withdrawal of US troops from Lebanon.

Assad rejected accusations of involvement in the killing.

"We go to world by the political circle," he said.

He indicated Syria would take action to maintain its peace from Lebanon.

"There is no political support. I am a citizen of Syria, I cannot support anything within the end of the year. But from a strategic viewpoint, it will only happen if we get serious parameters. In a word, peace," Assad said.

Assad said Israeli accusations that Syria was involved in a suicide bombing at a night club in Tel Aviv on Friday that killed three people, Assad said. "It is a particularly obvious accusation. Syria has nothing to do with it."

The Syrian president said the United States had made critical mistakes in its

handling of Iraq following the fall of Baghdad, and was trying to blame Damascus for its involvement.

He denied accusations that Syria was helping insurgents in its neighboring Iraq, and said he had offered to let up 2004 US-Syria pact of the border security.

Washington had yet to reply, he was quoted as saying.

He added that the US invasion in the Sept. 2001 attacks on its cities had not involved direct action of the violence.

Indeed, a fire have been extinguished and that would prevent them, the question of stability from Damascus to Jerusalem up to Islamabad and Kabul, there is one long movement that he wants," he said.

Asked what he thought of the new Assad said, "The thought of the second America of today which are like a superpower without vision."

AP

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Troops kill 5 kidnap suspects

MAGSAYSAY—Five members of the Pampanga kidnap gang named going were killed when government troops rampaged down a suspected hideout's last in Marikina on Wednesday, Philippine military sources said.

Col. Tony Alcantara, commander of the Army's 10th Infantry Brigade, said the "pre-emptive operation" was carried out with the help of Marikina Liberation Front (MLF) guerrillas. The MLF was alleged to be a member of the Pampanga kidnap gang, a former commander of the MLF, a former commander of the MLF and two others who were arrested last week.

The soldiers also recovered two stolen properties: a green Toyota Hilux and a green Toyota Hilux. The soldiers also recovered two stolen properties: a green Toyota Hilux and a green Toyota Hilux.

The MLF provided no information about the gang and they indicated no further action would be taken against the gang. The MLF provided no information about the gang and they indicated no further action would be taken against the gang.

Laoag mayor says he welcomes raps to show he's innocent of slay

By Cecilia Arceles
PH/Manila (Special Report)

LAOAG CITY—Laoag City Mayor Manuel Santos said he welcomed the filing of a criminal case against him in connection with the slaying of a woman in Laoag City. Santos said he welcomed the filing of a criminal case against him in connection with the slaying of a woman in Laoag City.

Sworn before
 Santos said he welcomed the filing of a criminal case against him in connection with the slaying of a woman in Laoag City.

No identities
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Earlier testimony
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ISUZU

Student groups say budget cuts to hike tuition

By Christine Calas
PUPARTHER LAGUNA BRANCH

BAHAG CITY—Members of the National Union of Students of the Philippines (NUSP) and various student organizations have issued the statement for reducing the budget of the Department of Education and state colleges and universities (DECS).

John Pantoja, coordinator of NUSP Region 1, says, "The budget cuts will increase the tuition of students in state colleges and universities."

"It is a great contribution that the DepEd administration is looking for quality education when it cuts, it is not giving the most the right amount," Pantoja said to press forum here.

NUSP events said the DepEd budget was down to P20.3 billion this year after a budget cut of P1.4 billion. The budget of DECS was down to P10.75 billion, from the previous P11.6 billion.

Tuition hike

Pantoja said the budget cut would force DECS to increase tuition rates and scholarships.

SC approves transfer of Damalerio case to Cebu

MANILA CITY—The Supreme Court has granted the request to transfer to Cebu City the venue of the hearing of the case of state prosecutor Edgar Damalerio.

The First Division of the SC in its resolution dated Feb. 24, 2005, granted the request of Justice Consuelo Y. Santos, justice of the peace, to transfer the case to Cebu City.

The SC also ordered the case to be heard by the judge of the peace in Cebu City.

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consider the accused, Justice Pantoja said. Justice Pantoja, in the SC, said the case will be heard by the judge of the peace in Cebu City.

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UN plan to make 12 cities help poor takes off

MANILA CITY—The United Nations Development Programme (UNDP) is launching a strategy to help the poor in 12 cities in the Philippines.

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ROUNDUP

Cheating on rice board

MANILA CITY—A rice board in the Philippines is launching a campaign to help the poor in 12 cities in the Philippines.

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AMBASSADOR

Deneg's first victim

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doi:10.1017/S002229240000199

Laurente to defend light title

Salvador L. Legaspi/Contributor

BOJING International Bantam Boxing Federation lightweight boxer Dennis Laurente will leave for Japan tomorrow to train for the March 5 Manila defense against Japanese Chikada Isobe at the Saitama Hall in Tokyo.

The 27-year-old Laurente will be accompanied by his manager, Johnny Ginebra, former Manila-based and Philippine boxing judge Edwino Iba, who will be one of the ring judges booked to preside over the bout.

The 27-year-old Laurente, ranked 10th in the world, will be making the fourth defense of the IBF light title since won from Oshio Uchida in 2000 in Tokyo.

The March 5 bout will be broadcast by Live! with Isobe, who landed a majority draw last Oct. 2, allowing Laurente to retain his title, which he had previously captured over Isobe (Professional) and Hermano, de Mesa (Amateur).

Laurente goes into the fight with some 80 rounds of sparring against young fighters at the Manila City Gymnasium.

The 27-year-old Isobe holds a 15-2 win-loss record with 12 KOs. His last victory was over by Takashi Shimizu and a knockout.

Palabrica WBA legal counsel

FORMER boxer and former WBA world champion Emmanuel Pacalabra, a lawyer, has been appointed as a legal counsel for the WBA.

Palabrica, who landed a majority draw last Oct. 2, allowing Laurente to retain his title, which he had previously captured over Isobe (Professional) and Hermano, de Mesa (Amateur).

During the 1995 Convention in Manila, Isobe, in 2005, Palabrica proposed the adoption of a code of ethics for boxing officials, as well as the honor of authority for boxing and boxing payments of their prize when fighting abroad.

The Palabrica also retained Palabrica as lawyer of the three-man boxing committee. Salva Legaspi.



2005 Palabrica of US Junior for basketball against Roster Palabrica of PBA during the Champion's Cup Finals. PBA won the title.

SBC, Ateneo fives prevail

By Marc Anthony Reyes

MANILA—The SBC and Ateneo College basketball teams won their respective titles in the 2005 National Basketball Championship.

The victory for SBC in the 2005 National Basketball Championship was a surprise, as the team had not won a title since 1999.

The victory for Ateneo in the 2005 National Basketball Championship was a surprise, as the team had not won a title since 1999.

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game held at the Lumban Hall in Baguio. The game was a close contest, with SBC leading 13-11 in the first half. SBC won the game 75-68.

The victory for Ateneo in the 2005 National Basketball Championship was a surprise, as the team had not won a title since 1999.

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BAP names Zamar coach for SEA Games

MANILA—The BAP has named Zamar as coach for the SEA Games. Zamar is a former national coach and has been coaching the national team for several years.

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ZAMAR

PHILIPPINE DAILY INQUIRER

TV GUIDE

Tuesday, March 1, 2005

TUESDAY

7:30 PM and 10:00 PM

American Idol

WEDNESDAY & THURSDAY

7:00 PM and 10:00 PM

ABC

SPECIAL SCHEDULE THIS WEEK!

Channel	Time	Program
1	7:00 PM	News
2	7:00 PM	News
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TANONG NG BAYAN

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'04 RP furniture exports stay flat at \$278M

By Ronald M. Domingo

PHILIPPINE furniture exports posted a flat growth rate at \$278 million in 2003, according to the Quarterly of Philippine Industries of the Philippines (QPI).

But the industry group remained upbeat, as, pending "border gains, more sales, and stable employment," ex-furniture executives "in the year 2004 do think QPI will grow, and in a manner that will be helpful to the country."

The QPI positively looked at the low-level Philippine International Furniture Show at the World Trade Center and the Philippine Trade Training Center in Hong Kong.

According to QPI, the annual trade show usually attracts about 4,000 visitors, about half of whom are foreign importers, wholesalers, distributors, retailers and their agents.

The group said the country continued a creative, strong in local companies in terms of product design and craftsmanship.

There are about 13,000 furniture firms, mostly small and medium-scale, in the country, the QPI said, adding that the market is growing.

Exports of furniture to major markets in the United States, Japan, France, the Netherlands, Italy, South Korea, United Kingdom and Germany.

Speaking during the opening of the trade show yesterday, Trade Secretary Amable Sembrano said the country remains one of the top manufacturers of furniture in the world.

"The main factor for this is the local industry's ability to innovate," Sembrano said.

"The Philippines is now seen as an international design for furniture and furniture."

The Department of Trade and Industries estimates that local furniture exports reached 380,000 direct exports, 280,000 indirect exports and about a million orders in the sub-contracting sector.

Most Filipino trade associations held their in Metro Manila, Cebu and Pangasinan.

"With sufficient government support and assistance, we hope to improve on our current standing and create more jobs," QPI said.

Industry figures also said that with export earnings reaching \$284.773 million in the first 10 months of 2004, local furniture got the boost there in \$277.445 million, according to the furniture trade group.

Exports of furniture reached \$223.807 million, furniture parts \$17.115 million, more local use, \$24.000 million, furniture furniture and furniture of other materials, \$7.744 million, and furniture of other materials, \$1.229 million.

QPI said when everybody thought it was over to ride the low level in 2003, along came the House of Representatives, adopting the idea of this new administration to lift industry.

When nobody was looking, the House quickly approved the administration bill that sought to lift up the industry with the imposition of VAT on all things—furniture.

Now that the value added tax, which is only 12 percent, but which may go up to 12 percent soon, if the new administration of Gloria Macapagal Arroyo is implemented.

Given what many consider the real VAT, not the nominal.

Now to make sure there is a fair tax, the House had that bill lifted to business as well as the domestic market.

Under the House version, the VAT on power will be 4 percent in the first year, 6 percent in the second, 8 percent in the third, and finally 12 percent in the fourth.

Why, then, you, what material and so on. At least on the basis of this administration of Gloria Macapagal Arroyo, it is a done deal. Therefore, you will see no more.

But, you know, what material and so on. At least on the basis of this administration of Gloria Macapagal Arroyo, it is a done deal. Therefore, you will see no more.

THEY are still splitting over the VAT bill in the House. Based on latest reports, several members have already played the 14.5 percent to 15 percent.

As in all cases, except perhaps a couple of members, almost all types of business have the so-called "VAT" bill, which they can reduce from the current 12 percent. There is no such thing as a free lunch.

There is a bill in the House of Representatives, which does not merely copy the current 12 percent.

It becomes a piece of law, in other words, and the whole of it—just just as a bill, but the HOUSE of Representatives will have to pass it.

For, despite the view of a couple of lawmakers, but the proposed VAT law

Power of the pin

BREAKTIME

Continued N. Manuel III



million households nationwide.

But the VAT, all three families will have to pay 12 percent more per household. Every household, the VAT, then, will be between \$1 and \$10 per household.

But in Metro Manila, which belongs to the Metro Manila Area, it is estimated that the VAT will add up to the already high by about 50 percent per household.

But in the Metro Manila area, there is much higher demand and local government franchise rates, so actually pay more for power. The cities have an about \$1.75 per household.

So that's how to live in Manila. So that's how to live in Manila. So that's how to live in Manila. So that's how to live in Manila.

Indisputably, not everybody in the metropolitan area will be able to pay the VAT. So that's how to live in Manila. So that's how to live in Manila.

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and power bills.

All 13 lower levels, except for the 12th, are not directly impacted, but are in the power sector can delay the private sector of the power.

That is the key to the idea of the agenda of the new administration, by its own, as opposed to the agenda of the private sector.

Really, however, can think of the 12th to 13th, which is the kind of only that the government needs to jumpstart the economy by giving billions to the private sector, by instance.

Not only that, adding more of the 12th to 13th, which is the kind of only that the government needs to jumpstart the economy by giving billions to the private sector, by instance.

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Savings associations oppose withdrawal of perks

By David C. Dunbar

THE CONSUMER'S new-stock savings and loans associations, the expanded and formal version of the "palmegano" system, are still opposing Congress' proposal to lift their tax advantages.

The withdrawal of the fiscal incentives enjoyed by the savings and loans associations forms part of the tax measures pushed by the government into additional revenues. Such a move, according to sources, is aimed at saving between P1.5 billion and P2 billion in additional revenue for the government.

At an interview featuring Confederation of New Stock Savings & Loans Associations Inc. (CNSL) and Amiel Serrano, President, Savings & Loans Associations Inc. president, Bala Serrano, he said the lifting of the tax exemption would kill this alternative savings generating source.

"In the long run, the industry will start decreasing because its resources will dwindle. Its savings and deposits will dwindle as they will transfer to other [investment] areas," Bala said at the sidelines of a CNSL event.

At present, the industry enjoys an average growth rate of 20 percent per year in income of members and business customers.

The new-stock savings and loans associations operate on the principle of self-help wherein members pool their resources and borrow from it to finance their small-scale businesses and other emergency needs at very low interest rates.

Under R.R. No. 1093 which was passed by Congress last month, under a 12 percent corporate income tax on the sector and another 10 percent tax on dividends distributed.

CNSL is seeking lawmakers to reconsider the bill, as most of its members belong to the so-called "high-risk" sector who need cheap loans from banks for lack of collateral.

"We [CNSL] envision the CNSL as the status of a bank, a corporate financial institution subject to all taxes. But the bank is very different from CNSL, whether in terms of capital, size, stockholders, market and most especially access to a position paper."

"CNSL is a non-profit organization. According to the members it functions. A bank is licensed to receive deposits from the public, CNSL is not and it serves only its members," it added.

According to the members it functions. A bank is licensed to receive deposits from the public, CNSL is not and it serves only its members," it added.

Clayton's conclusions, Bala added the sector would enjoy a 10 to 15 percent increase in its income over the next five years.

"We have about 1.7 million members who will be affected, but the total impact will be on some million people, because these members have families," Bala said.

He said the 1.7 million members of about 10,000 NSLs across the country—composed of workers, teachers, soldiers, policemen, firefighters, employees and others—were part of the savings of the NSL would mean higher costs of borrowings and lower returns on their savings.

He estimated that the sector currently had P50 billion worth of lending portfolio on of about P10 billion in total assets.

The NSLs believe there are other means for the government to generate revenues.

The savings and loans industry wanted to be the first. The first NSLs were actually created because of the palmegano and state to relief local relief into one, seeking to encourage thrift and frugality among its members who belonged to specific communities. Through this operation, participants are encouraged to the members in the form of dividends.

In the Senate, however, Clayton found support in Sen. Rodolfo Biazon, who sponsored a bill seeking the retention of the sector's tax exemption.


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	30 days	60 days	90 days	1 year	
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500,000 - 999,999	5.250	5.375	5.500	5.750	
1,000,000 - 4,999,999	5.500	5.750	5.875	6.000	
5,000,000 - 9,999,999	5.750	6.000	6.125	6.250	
10 million and up	6.000	6.250	6.500	6.750	

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Basic lower back pain prevention tips

Fit to live

If you're ever experienced pain at your lower back, you know it's a real nuisance. It can make your daily schedule become a battle where you just do. Lower back pain is even more of a problem if it's your doctor.

Preventing the problem is more obvious and productive than curing it. Here are some basic prevention tips.

Don't smoke.

Smoking not only causes lung cancer and heart disease but it can also contribute to back pain. Scientific studies smoking decreases the flow of blood and nutrients to the spinal discs, leaving them more susceptible to wear and tear. This can lead to premature aging and degeneration of the disc.

Loose weight.

Carrying extra weight, especially in the abdominal area, puts unnecessary stress on the spine and muscles and ligaments of your back. Losing weight will take the pressure off your other joints as well.

Don't sit for prolonged periods.

Sitting for prolonged periods compresses the spine, discs and ligaments. Proper circulation, let up exercises to move to get your blood flowing and release stress on your back.

Stand tall.

Poor posture is a common cause of back pain. Whether you slouch forward or bow an exaggerated arch in your lower back, you put stress on your discs. When a proper posture, your spine straighter and hip should be in a straight line.

Exercise.

Many cases of back pain result from weak and tight trunk muscles. That often, abdominal muscles aren't and back muscles are both weak and tight, leaving the trunk muscles strong and flexible is a good idea one of the best ways to prevent back pain.

Yoga, stretching exercises and other to back pain because they pull the pelvis out of alignment. Do stretching exercises for these muscles too.

It's a good idea to be strong and flexible. Core muscles are strong and will take the load off the spine. Yoga exercises help to stretch because it increases circulation that helps keep the spine disc healthy. Being a weak person can lead to a painful back.

Relax.

Stress can cause back muscles to become tight and tense. This in turn can cause muscle spasms and pinched nerves. Emotional stress causes more back problems than most people realize.

Lighten your bag.

Many shoulder bags, briefcases and laptop computer bags are heavy. Your spine is not of which. Bring only what is necessary to carry your bags backpack, not to feel, not to stress on your spine.

Stretch away your high heels.

High heels may look sexy but they are backbreakers in disguise. Heels higher than 2 inches force you to lean forward. To compensate you lean backward and arch your spine more than you should. To avoid back and knee pain, wear heels less than 2 inches high. The more offshooters are also better.

Watch your back during pregnancy.

Well and Good

 Tina
 Jamir


Money.

Dear growing money doesn't mean the number of your abdomen, chest and tighten the muscles of your lower back and stress you to arch back (not like a man with a low back) so you won't fall far in practice.

Stretching and stretch your lower back. Don't pressure weight down your muscles. Keep constantly fit by walking, swimming, or other low-impact exercises and pay attention to your posture.

Life checks properly.

Whether you lift an object as heavy as a printer, paper or pick up something as light as a pencil, proper technique will go a long way in preventing lower back pain. Here are tips from Dr. James Bracken ("Back Pain: Corporate America's Fitness Management Magazine").

• Stand close to the object you're lifting, with your feet apart to maintain your base of support.

• Bend your knees, keeping your back as straight as possible by contracting the hamstring at your waist. Bending at the waist increases the stress on your back.

• Tighten your stomach muscles before you lift. Think of your abdominal muscles as your support back muscles.

• Lift with your legs by slowly straightening them. Make your legs your back support for the work.

• Lift the item level close to your body. The further away an object is held from your body, the greater the stress it will place on your back.

• Keep your back in its slight position during the lift and while holding the object.

• Avoid twisting your body while lifting. Move your feet if it's necessary to change direction or to get something you otherwise can't do.

Visit www.backpainnews.info

